

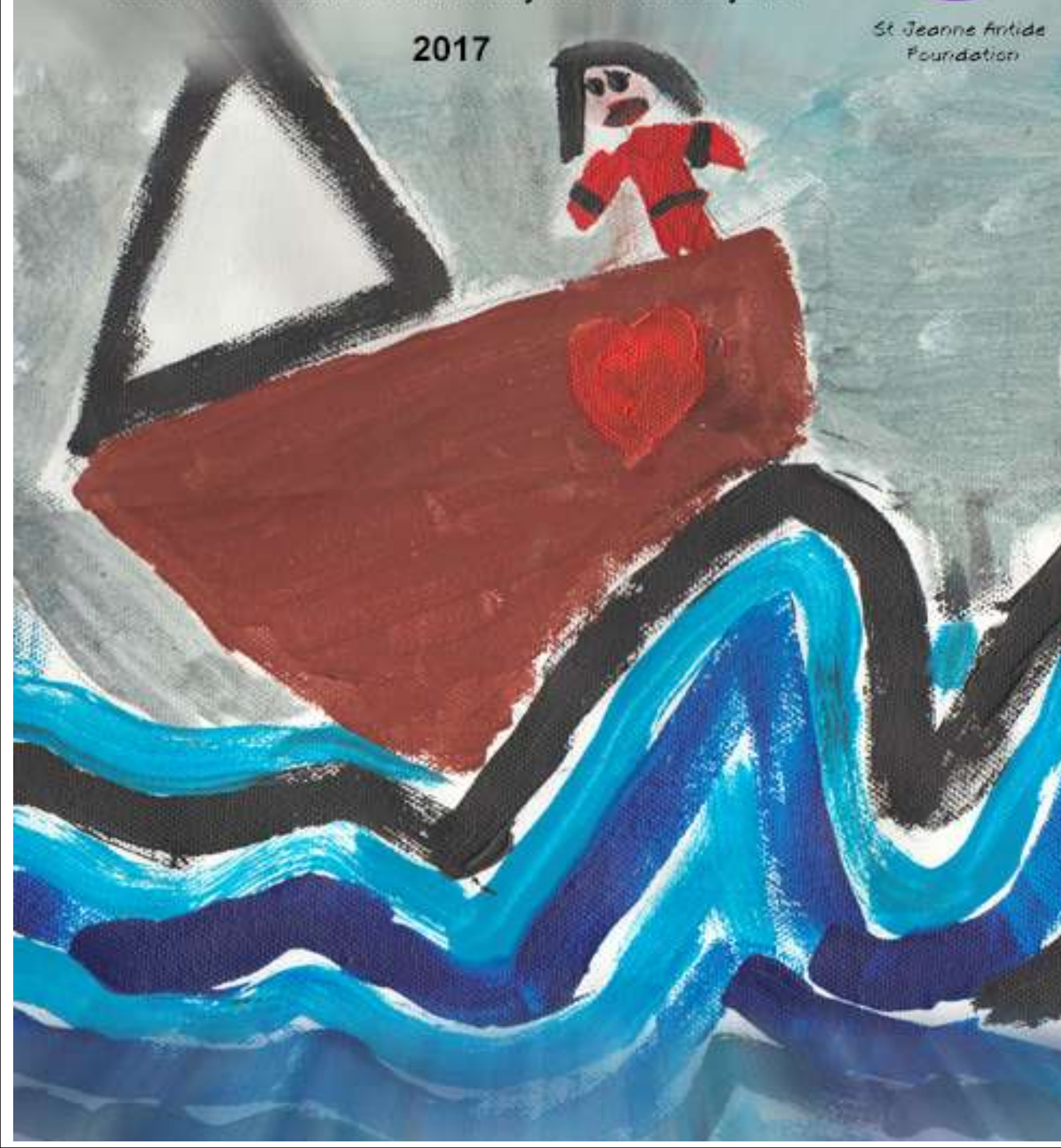
FAMILY WELLBEING FIRST

services contributing to family wellbeing and
social inclusion at community level and beyond

2017



St Jeanne Arlide
Foundation



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Headoffice: 51 Tarxien Road, Ғal Tarxien TXN 1090
Tel: +356 2180 8981; +356 2180 9011; +356 2767 2367
E-mail: sjafngo@gmail.com
Website: www.antidemalta.org
Facebook: Fondazzjoni St Jeanne Antide

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Legal Person registration: LPF-101
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Service sites:

Ċentru Antida Family Centre,
51 Tarxien Road, Ғal Tarxien TXN 1090
Tel: +356 2180 8981; +356 2180 9011; +356 2767 2367
Social Worker’s mobile lines: 7960 2595; 9993 1371; 77052305

Ċentru Enrichetta Family Centre,
Triq San Tumas, Birżebbuġa Tel: 2165 2038; 9996 0381 (Mondays to Wednesdays)

Dar Esther, Y-Assist Initiative of The President’s Trust
supported accommodation for vulnerable young pregnant women and mothers
Tel: 77052305

LWIEN service site at Dar Sagra Familja of the Sisters of St Joseph, Ғaž-Żabbar

Dar Hosea for vulnerable women involved in, or exiting, prostitution (this service transitioned to self-management in early 2017).

Acknowledgement for front cover illustration: Charlotte Curmi, SOAR Service

Affiliate membership:

- Mental Health Association, Malta
- Anti-Poverty Forum (APF) – Malta
- Network of service providers in area of domestic violence
- Platform of Human Rights Organisations in Malta (PHRO)
- Aġenzija Żgħażaġħ
- SKOP (Solidarjetà u Koperazzjoni) – an NGDO Forum;
- Diocesan Diaconia Secretariat - Forum of Church-based organisations;
- NGO network under the aegis of the Commission on Domestic Violence;
- Malta Health Network.

DEDICATION

We dedicate this annual report to all those vulnerable individuals and families who strive for resiliency, wellbeing and dignity so as to reach their fullest potential.

The team of workers at St Jeanne Antide Foundation

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The St Jeanne Antide Foundation – an introduction

family wellbeing first

The St Jeanne Antide Foundation (SJAF) is a registered social purpose non-profit organisation. It is the social care services arm of the Sisters of Charity of St Jeanne Antide Thouret. Its overarching aim is to provide professional support services to very vulnerable individuals and families who are suffering due to very difficult life circumstances and those who are sliding into poverty and are socially excluded. SJAF is administered by a Governing Board with a Chief Executive Officer and is registered as an NGO with the Office of the Commissioner for Voluntary Organisations (VO/0005) and as a Foundation with the Registry for Legal Persons (LPF-101).

Mission

The Foundation is run, and its mission fulfilled, by a community of Sisters and lay people working in partnership systematically in teams for the support and self-empowerment of socially excluded persons, families and minority groups. As a Christian community, it aims to reflect the love of God in all that is done, and to see and love Jesus Christ in persons who are in need. The mission of the Foundation is to be present for individuals and families who need someone who can listen to them with compassion, link or guide them to appropriate existing support services, support them in the restoration of their dignity, and guide them towards self-reliance. Looking holistically at persons in need, the Foundation's mission is to give moral and spiritual support to such persons.

Objectives

The objectives of the Foundation are:-

- (a) to identify, understand and raise awareness about under-served and un-served categories of excluded or vulnerable persons;
- (b) to develop and implement programmes in support of identified under-served and un-served categories of vulnerable persons, families, and minority groups;
- (c) to support and train a number of persons to make their own contributions to society and to persons in need;
- (d) to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- (e) to be open to voluntary service of young people who would like to offer time and energy at the service of others in order to gain experience and insight;
- (f) to create links with overseas agencies that work in line with our mission, to share experiences, give and get support, and widen our vision.

Governance

A Governing Board is responsible for strategic planning, policy development and financial oversight. Board members come from such diverse backgrounds as social work and nursing, education, financial management, social welfare service planning and management, medicine and overseas development work. The CEO is a non-voting member of the Governing Board that

meets monthly. During 2017, two members concluded their service as Governing Board members in February and September respectively. The out-going Chairperson assumed the role of vice-chairmanship in February 2017.

Services

The Foundation works in partnership with community-based organisations as well as State agencies and NGOs that are national in scope. Since 2007, it has carried out street outreach work as a means of identifying and extending support to hard-to-reach vulnerable families, assisting them as close as possible to where they live.

Since its establishment, the Foundation has set up a number of core services. Operating from community-based service sites, SJAF has naturally evolved into an organisation that is at the service of local communities. Its scope is local, national and international. During 2017, the Foundation ran the following services:

The **Antide Family Centre** in the heart of Ħal Tarxien: Open from 7.30am to 5 pm daily in winter time (sometimes later as well) and from 7.30am to 2pm in summer. The Centre offered the following services:

..Social Work: family support, home-visits, outreach work, advocacy, referral, information, emotional support and groupwork. Social work support is provided in the catchment areas of Ħal Tarxien, Paola, Fgura, and Ħaż-Żabbar.

..The Social Integration Programme for Teens (SIPT) aimed at young persons on the autistic spectrum: this is an initiative developed and implemented in partnership with the Autism Parents Association. It is an element of a wider project funded through a grant from the Malta Community Chest Fund Foundation (MCCFF).

..Volunteer Handymen in support of vulnerable and poor families.

..Learning Support opportunities for vulnerable children and adults, including self-esteem and literacy groups.

..Volunteering opportunities, including supported volunteering for service users.

.. Volunteer Mentors for in support of very vulnerable young persons.

.. Charity shop: it operates as a fundraising mechanism and a means to provide in-kind support to families facing financial hardship.

The **Enrichetta Family Centre** in Birżebbuġa: Open Mondays, Tuesdays and Wednesdays from 8am to 5pm. The Centre is open to residents from the South Eastern locality of Birżebbuġa and offers the following services:

..Community Social Work including family support, home-visits, outreach work, advocacy, referral, information, and emotional support.

..Family Literacy Support: Literacy strategies related courses for parents of struggling learner and those having children with autism; support to struggling learners;

..Sub-office of the Malta Community Chest Fund Foundation (MCCF) on Tuesdays between 9 and 11.00am.

The **SOAR Service**: advocacy and support by survivors for victims and survivors of domestic violence (soarmalta@gmail.com). The service includes a preventive dimension through its

workshops for youth on dating violence. The Foundation's Social Workers co-work with the SOAR Service Co-ordinator to support self-referred and referred women and their children.

The **LWIEN Service** offers professional guidance and non-formal education for family caregivers of persons with severe mental health problems. The service includes family consultations by a senior practitioner (psychiatric nurse), support groups, home-visits, social work, and support literature in Maltese.

Dar Hosea: a day centre in support of very vulnerable women involved in street prostitution providing social work support, accompaniment, medical screening for STIs, sexual health education and volunteers teaching handicrafts-making at the Women's section of the Corradino Correctional Facilities (CCF). This service was developed by SJAF in 2013 and managed by it up until early 2017. In May 2017, Dar Hosea became a self-managed, independently run initiative under the aegis of the Association Friends of Thouret (VO/1365) and ceased to be a core service of the Foundation. Full funding for Dar Hosea's operations for 2017 came from the 2016 Social Impact Awards managed by the Inspirasia Foundation and Gasan Foundation.

Emotional Freedom Service for persons wanting to be free from their anger, fear, grudges and resentment or other emotional distress.

Dar Esther: launched in October 2017, Dar Esther is a supported accommodation commissioned by The President's Trust to provide independent living accommodation coupled with educational support for vulnerable young pregnant women and mothers between the age of 18 and 24.

The **Social Work Service** of the Foundation cuts across all the above services of the Foundation.

Overseas Development Projects: SJAF works with partners in developing countries to formulate anti-poverty projects. SJAF has been awarded public funding of such projects in Pakistan, Central African Republic, South Sudan, Malawi and Peru.

Service sites:

In 2017, SJAF ran support services from seven sites:

Site 1: The Tarxien-based *Antide Family Centre* serves families from the localities of Ħal Tarxien, Paola, Fgura, and Ғaḡ-Ḷabbar. Since Ċentru Antida is also the hub of support services that are national in scope, families from localities around Malta access services at the Centre.

Site 2: The Birżebbuḡa-based *Enrichetta Family Centre* is based in the south-eastern harbour town of Birżebbuḡa; it serves families from the locality of Birżebbuḡa.

Site 3: In 2016, the Sisters of St Joseph of the Apparition in Ғaḡ-Ḷabbar opened their convent door to the LWIEN Service of the Foundation to run the weekly Saturday Caregiver clinic there. Each Saturday, the Foundation's Psychiatric Nurse who runs LWIEN meets with family caregivers of mentally ill persons at this site. Nine families access this consultation service each Saturday.

Site 4: *Dar Hosea* drop-in day centre for vulnerable women involved in, or trying to exit, prostitution. By May 2017, Dar Hosea had transitioned to a self-managed, independently run initiative under the aegis of the Association Friends of Thouret (VO/1365).

Site 5: *Dar Esther* - In 2017, SJAF was commissioned by The President's Trust to plan and set up an accommodation and educational support service for vulnerable young pregnant

women and mothers between the age of 18 and 24. Using a three level house owned by the Sisters of Charity, extensive work was undertaken to prepare the house for its opening in late September 2017.

Site 6: Charity shop - Since June 2011, SJAF has been running a charity shop in Tarxien in a property owned by the Sisters of Charity. SJAF service users are given access to needed items such as clothing and household goods at no cost. Regulars find the shop a means to access wider support from SJAF. Families ready to part with cherished items for a good cause donate them to the SJAF shop. The shop has thus become a means through which serviceable items are reused. During 2017, a volunteer laid the groundwork for the opening of a sister charity shop at the Enrichetta Family Centre in Birżebbuġa.

Site 7: Since 2015, the LWIEN Service Coordinator had been making use of space at the Iklin Parish for family caregiver consultations. In late 2017, this space was no longer available for this outreach work.

Service development

During 2017, SJAF was commissioned by The President's Trust to develop and run a supported accommodation for vulnerable young women who are either pregnant or mothers of a child below the age of 5. The first such accommodation, in a house owned by the Sisters of Charity of St Jeanne Antide Thouret, was launched at the end of September and welcomed three residents, two of whom are mothers and one pregnant.

In October, in partnership with the Autism Parents Association, a Social Integration Programme for teens (SIPT) on the autistic spectrum took off, offering fortnightly activities and outings.

Human Resources

In 2017, 17 employees were engaged with SJAF, 4 on a full-time basis and 13 part-time. Apart from these, 141 Volunteers were engaged in service provision across the different SJAF services and initiatives. The staff and volunteer complement was comprised the following:

- 17 remunerated personnel including 4 social workers, 1 psychiatric nurse, 1 family literacy specialist, a service coordinator of SOAR, a Family Centre manager and an administrator; and
- 141 Volunteers one of whom led the emotional freedom service on a voluntary basis and 2 co-managed the SJAF charity shop;
- 5 professionals who provided occasional professional services on a *pro bono* basis;
- 18 persons on a practice placement in such diverse fields as Counselling, Drama Therapy, Gestalt Psychotherapy, B.Sc. Home Economics, MCAST degree in Financial Services, and the 6th Form community service placements.

Three persons served at SJAF under a community service sentence.

Volunteering hours in 2017 totalled 40,324 – equivalent to 19.4 full-time workers. Their roles varied from that of reception work to learning support, mentoring, supporting vulnerable women, administrative support, handymen and others. Were the hours of service of volunteers to be remunerated at a minimum of €5 for every hour worked, their service would have cost the Foundation €201,620.

Practice Placements and assistance to external researchers

The Foundation hosted a number of students seeking a social service agency to practice their field of study. During 2017, 18 students undertook a practice placement in the following fields: Masters in Counselling (1), Masters in Gestalt Therapy (3), Masters in Drama Therapy (1); B.Sc. (Home Economics (1); MCAST Degree in Financial Services (1); Learning Support (11 from Sixth Form community service scheme).

Seven external researchers were assisted with their research studies through access to staff and service users.

Spirituality

The mission statement of the Foundation, besides the specifically social imperatives, includes also this sentence: "As a Christian community, it aims to reflect the love of God in all that is done, and to see and love Jesus Christ in persons who are in need." An activity of SJAF that contributes to the process of aligning oneself in this way is the Centering Prayer group. Mainstream Christian tradition states clearly that the three major forms of prayer are *oratio* (with words), *meditatio* (with thoughts), and *contemplatio* (without thoughts). At Ċentru Antida, weekly meetings are held. The Centering Prayer group is open to all who are seriously interested in contemplative practice beyond thoughts and feelings.

Personnel of the Foundation maintain a friendly, humour-filled atmosphere in relating to each other - this is detected and appreciated by visitors and service users. The Christian orientation and personalities of the main workers including volunteers, and the policies of the Foundation, have created an environment and an approach to vulnerable service users that has resulted in a certain ethos, culture and atmosphere.

Service users frequently comment on the attentive listening, acceptance, peacefulness and love they find in the SJAF premises, and on the humane and personal approach in the field. The economic, psychological, emotional and social freedom and self-acceptance found by distressed or vulnerable people through the work of the Foundation recovers human dignity. Not only do the staff love the service users but the latter also come to discover their own capacity to love. Spontaneously or through SJAF encouragement, some service users even offer their voluntary service to help others. These are signs of the healing power of the divine at work through love.

Acknowledgement to donors

The Foundation acknowledges the significant contribution, during 2017, of the following donors:

- The Malta Delegation of the Sisters of Charity of St Jeanne Antide;
- The Social Impact Awards of the Inspirasia Foundation and Gasan Foundation;
- The VO Fund of the Ministry for Education and Employment (MEE) managed by the Malta Council for the Voluntary Sector (MCVS);
- The President's Trust;
- The Malta Community Chest Fund Foundation (MCCFF);
- The Ministry for Foreign Affairs, Overseas Development Unit;
- The Alfred Mizzi Foundation;

- The President's Award for Creativity co-managed by Arts Council Malta and the Office of the President of Malta;
- The Haż-Żabbar Parish;
- Aġenzija Żgħażaġħ;
- Helping Hands Magazine;
- People Who Care Fund, Crimsonwing;
- Andrew Galea & Associates;
- St Peter Foundation;
- Social Assistance Secretariat (SAS), Malta Catholic Action;
- the Directorate Lifelong Learning, Ministry of Education and Employment;
- HSBC Bank Malta plc;
- Jobs for Mums;
- Business and Professional Women Malta;
- Christine Farrugia and Friends;
- Malta Properties Co. Ltd.;
- Neptunes WPSC;
- Corinthia Group of Companies;
- Royal Malta Golf Club;
- Catalogue Solutions Ltd.

Gratitude is expressed to countless other benefactors and members of the general public who contributed donations.

Financial Management and Annual Audit

A financial audit is carried out annually by the auditing firm Andrew Galea and Associates; the firm provides this service on a *pro bono* basis as part of its Corporate Social Responsibility policy. Audit reports for the previous years were submitted to the Office of the Commissioner for Voluntary Organisations and to donors. Similarly, the narrative Annual Reports which are published and made available to donors and the general public on the SJAF website: <http://www.antidemalta.org/annual-reports.html>

Fundraising activities

The Foundation organised a number of fundraising activities during 2017. A volunteer couple contributed over 15 hours a week each to run a twice-weekly charity shop in Ғal Tarxien. Another volunteer set up a second charity shop space at the Foundation's Enrichetta Centre which is due to open in early 2018. Staff organised two fundraising activities, one of which was the second 'Oldies' concert. Grants for core services and projects were obtained following the submission and approval of a number of grant proposals. Full details of grants received are made available to all major donors. The Province of the Sisters of Charity, which is the founding body of the Foundation, continued to provide significant financial backing, four rent-free premises, in-kind support and the salary of the CEO.



The Antide and Enrichetta Family Centres

reaching out and supporting families at community level

Antide Family Centre

The Antide Centre, or Ċentru Antida as it is known to families, is a family resource centre in the south eastern locality of Ħal Tarxien; its support services are open to families in difficulty from the localities of Ħal-Tarxien, Paola, Fgura, and Ħaż-Żabbar. It has been operating since 2007 and is recognised as a welcoming service hub through which referred families are able to access a range of support initiatives that include Social Work, non-formal education courses, support groups, peer-to-peer support offered by survivors of domestic violence, literacy assessments and learning support for children and parents, mentoring for young persons, therapeutic emotional freedom support, mental health consultations for caregivers and handicraft-production group.

During weekdays, Ċentru Antida opened daily from 8am to 5pm or later in winter time and from 7.30am to 2.00pm between mid-July and mid-September. The facilities of the centre were also accessed by other organisations. In order to accommodate the needs of highly anxious service users who cannot easily take a few hours leave, the Centre opened at 7am twice a week.

Ċentru Antida is based on the ground floor of 51, Tarxien Road in Ħal Tarxien, part of the main convent of the Sisters of Charity in Malta. It is accessible, having a welcoming environment with space for group-work, courses, offices, counselling rooms, socialising and relaxation space, and a kitchen which is also used by Volunteer Mentors and their Mentees. There are showers for temporarily homeless persons as well as a library for young and adult service users. In 2017, the Centre was visited by an average of 23 persons a day. Moreover, the Sisters of Charity enable the Foundation to make use of a large hall for group activities and a conference hall for seminars and courses accommodating 80 persons.

Ċentru Antida is managed by a part-time administrator who is responsible for the management of a team of Volunteer Reception workers and a team of Volunteer Handymen and provision of back-up support to practitioners across services. She is also responsible for the production of a monthly electronic magazine which is widely disseminated and accessible from: <http://www.antidemalta.org/monthly-e-zine.html>

Charity shops

Linked to Ċentru Antida is an adjacent fund-raising charity shop that is fully managed by two volunteers. This initiative is a means of providing low cost or free good-quality clothes and household items to service users and a place to which lonely persons turn to for a chat. Families who are aware of the charity shop regularly visit it to either donate knick knacks, home furnishings, books, toys, clothing and children's items and to make purchases. The centre has

become a re-use hub, with many visitors dropping by to pick up items for their handicraft-making pastime while representatives of other support voluntary organisations drop by to pick up items for financially hard-up members. Donated items are also shared with other organisations that need available items.

During 2017, a Volunteer concluded the groundwork for the setting up of another charity shop – this time in Birżebbuġa at Ċentru Enrichetta Family Centre. The initiative will take off in January 2018.

Non-formal education opportunities

During 2017, a number of non-formal education opportunities were offered to service users at Ċentru Antida.

- An open-ended literacy group for vulnerable young persons over the age of 18 ran during the scholastic year and resumed in late September. Learners were very vulnerable persons who would otherwise not have had access to self-development and non-formal learning had this opportunity not been available for them at a community-based family centre they value and feel very welcomed in. The teacher was provided by the Lifelong Learning Directorate of the Ministry of Education and Employment.

- Learning support sessions were held every Friday throughout the scholastic year at Ċentru Antida and resumed in early October while other groups ran in Summer at Ċentru Enrichetta. A narrative account of these initiatives can be found further below in this section.

- Training sessions for different groups of volunteers were held throughout the year.

- SOAR Service members accessed a range of non-formal education initiatives, as outlined in the section on SOAR.

- Self-esteem groups: During 2017, 3 courses were organised for service users wishing to develop self-confidence and self-esteem. Each group met for 8 sessions of 2 hours each. These ran as follows:

Group duration	No. of participants	No. completing group sessions	Average participation
Course 1: May to June	13, 2 of whom were males	10 participants completed the group.	75%
Course 2, phase 2 of group 1: October to November	10, 2 of whom were males	8 participants completed the group. This group will continue as a regular support group beyond 2017	90%
Course 3: October to November	8	5; 2 decided to join the longer-term support group	50%

Volunteer Handymen

In 2017, two Volunteer Handymen carried out 54 basic repair and maintenance works in the homes of 37 service-using families and undertook various errands related to pick-ups from sources donating items for families and for the Foundation's charity shop. In total, they covered 1,162 kilometres on errands and home-based works.

Enrichetta Family Centre

Ċentru Enrichetta is the second family resource centre run by the Foundation. It is based in the locality of Birżebbuġa, a harbour town in the South-Eastern region of Malta. The services offered at the Centre respond to the identified needs of vulnerable individuals and families in this community of over 11,000 with a growing multi-cultural base.

Family-support actions during 2017 included community social work, home-based family consultations for relatives of chronically mentally ill persons, and family learning support including courses for parents of struggling learners, and struggling learners. Throughout 2017, the service team supported single parent households, families facing complex problems, frail elderly who feel lonely and on the periphery of the community, families sliding into poverty, persons with low basic skills, and families with one or more members with chronic, undiagnosed and untreated mental illnesses or who are non-compliant with prescribed medication.

An official from the Malta Community Chest Fund Foundation (MCCFF) continued to run an MCCFF office every Tuesday morning to screen applicants for MCCFF family support schemes and to help applicants fill-in their application form. For part of the year, a SJAF Volunteer took up this role.

Ċentru Enrichetta opened on Mondays, Tuesdays and Wednesdays each week with a team of two Social Workers and a Family Learning Support specialist. The Foundation's Psychiatric Nurse undertook home visits with Social Workers whenever a family consultation became necessary.

During 2017, the Centre's team of 3 professionals worked with a total of 346 individuals from 175 vulnerable families and concluded support interventions with 92 families. Of the 175 families, 31 benefited from the family literacy opportunities.

Collaboration with other organisations

As part of the day-to-day operations of Ċentru Enrichetta, collaborative relations were maintained with the Malta Community Chest Fund Foundation (MCCFF), the Birżebbuġa parish, the Federation of organisations in Birżebbuġa, the local state primary school and other organisations.

Family Learning Support (FLS) at the two Family Centres

Much research indicates that there are many negative effects on children living in poverty and in chaotic families. Negative effects include impaired cognitive skills and limited success in schools. In this regard, family literacy support is intentionally a key pillar that supports the range of support services to vulnerable families since informal and non-formal education are key tools for combating poverty and social exclusion. The family learning support pillar of the Foundation assists parents and their young children who are already showing signs of

educational failure to acquire literacy at basic-skills level so that they will then continue on their journey together with their peers.

Family Learning Support (FLS) is a home-grown initiative to support social worker's complex work with vulnerable families and constitutes a key element of a family's care plan with which the family is in agreement. The programme is coordinated by a Senior Practitioner (Family Learning Support) with extensive experience in designing and delivering support courses and interventions for vulnerable parents and their children who struggle with literacy attainment. FLS activities are run at both the Antide and Enrichetta family centres at Tarxien and Birżebbuġa respectively.

FLS activities comprise:

- Courses for parents and guardians on how to support their children's literacy attainment.
- Winter literacy sessions for adult learners at both centres;
- Weekly one-to-one learning support provided by a team of Volunteer Learning Support Tutors;
- Recruitment, training and mentoring of Volunteer Learning Support Tutors;
- Supporting parents and guardians through school visits when Individual Educational Programmes (IEPs) of service users' children are taking place;
- Working with Foundation Social Workers when social work assistance is needed;
- Educational talks for parents.

During 2017, the Family Learning Support Programme at both family centres reached 137 individuals from 106 Families: 67 adults and 70 children.

Courses for parents and guardians on how to support their children's literacy attainment

The aim of these courses is to equip parents and guardians with the necessary skills that enable them to support their children's literacy acquisition.

There are four different courses designed to cater for the different needs of parents and guardians and different age groups. These courses are made available to vulnerable service users referred by the Foundation's Social Workers.

Course 1 (13 sessions): aimed at parents and guardians on the theme of supporting their children (ages 3 to 5) in literacy acquisition in both Maltese and English languages.

Course 2 (9 sessions): aimed at parents and guardians on the theme of helping their children (ages 5 to 7) improve their reading and writing skills in the English language.

Course 3 (6 sessions): aimed at parents on the theme of supporting their children (ages 3 to 5) in Oracy and literacy acquisition in both Maltese and English. It also targets parents who are not conversant with the Maltese Language.

Course 4 (9 sessions): aimed at parents on the theme of supporting their children (ages 3 to 7) in Oracy and Literacy acquisition in the English language. It is also meant for parents who are not very conversant with the English language.

In all during 2017, four courses were run. Two courses were held at Ċentru Enrichetta and two at Ċentru Antida. Three courses addressed the needs of parents of struggling learners in

early years classes. These were referred by the Birżebbuġa and the Paola primary schools. The fourth course was offered to members of the Autism Parent's Association (APA) and while the content was the same as the other courses, the methodology was very specific to the learning styles and abilities of children and young persons on the autistic spectrum.

The courses were very hands-on to stimulate active participation and included the involvement of parents in preparing visual aids. To maximise learning outcomes of participants lacking literacy skills themselves, group membership was limited to a small number. In all, 25 parents benefited from these 4 courses in 2017. Participants were given a certificate of attendance at the end of the course they followed.

Course, venue and title	Start date	End date	Number of participants
Course for parents referred from B'Bugia primary school - English for parents of vulnerable children who attended the summer programme	10 th January 2017	21 st March 2017	8
Course for parents referred from Paola primary school - English for parents of children identified by as being at risk of educational failure in year 1	3 rd April 2017 – different timings	31 st May 2017 – different timings	6
Course for parents referred from Paola primary school - English for parents whose children are at risk of educational failure in Year 2	3 rd April 2017 - different timings	31 st May 2017 different timings	6
Course for members of the Autism Parents' Association (APA). Second course for this target group on: English learning methodology.	11 th January 2017	22 nd February 2017	5

Learning support programme for children at the Antide Family Centre

During the scholastic year, a Learning Support Programme for children is run at Ċentru Antida on Friday afternoons from 4pm to 6pm. A team of 24 Volunteer Learning Support Tutors provide one-to-one support including assistance with the children's homework. Sessions start with literacy support for those who still cannot read and write, then homework help is given. In 2017, these volunteers provided 760 hours of service.

During 2017, 24 sessions were held. Each child could benefit from 36 hours of learning support. 35 different children benefitted from the programme. Sessions were held between January and the end of May, and re-started in October until the Christmas holidays.

During the summer of 2017, a recruitment exercise was undertaken to engage more volunteer tutors. In all, 20 new tutors were recruited and joined some of the older ones.

Months in 2017	No. of Friday Sessions	Support session hours	No. of Volunteers	Children benefitting	Total hours of Voluntary service
January to June	18	36	6	24	216
October to December	7	14	24	27	324
Total	24	50 hours	24	35 different children*	540

* Note: 11 of the 35 vulnerable children accessing learning support come from migrant families.

Training of volunteer tutors

Volunteer Learning Support Tutors were given training in the multi-sensory methodology for literacy acquisition to enable them to adopt a common approach, using child-friendly teaching and learning techniques. These same techniques are also used when supporting learners who are identified as having dyslexia. Three 90-minute training sessions were provided to this team of volunteers. Volunteer tutors were also supported by resources which they were trained to use.

Summer literacy programme for learners at the Enrichetta Family Centre

Between July and September, a summer literacy programme was held at Ċentru Enrichetta in Birżebbuġa. Learners were supported in their literacy needs by the programme coordinator. Weekly sessions were held for both children and their parents, referred by the senior management team of the Birżebbuġa Primary School. The children all came from the school's year 1 classes, were at risk of educational failure, and came from vulnerable families.

At the start of the programme, a basic skills assessment was undertaken and an action plan devised and discussed with the parents. Having the parents present during the sessions continued to prove highly beneficial for both since the parents could practise, at home during the rest of the week, all the methodologies learned during the sessions.

At the end of the programme, a basic skills assessment was repeated to gauge progress achieved and an outcome report passed on to the school for continuity's sake.

During 2017, 35 children benefitted from the summer programme together with a parent; 31 parents took part.

27 sessions	417 hours of learning support	35 children	31 parents	4 Volunteer Tutors	117 hours of voluntary service
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Mondays: 10 sessions x 1.5 hours x 7 learners = **105 hours** (15 hours per learner)

Tuesdays: 9 sessions x 1.5 hours x 16 learners = **216 hours** (13.5 hours per learner)

Wednesdays: 8 sessions X 1.5 hours x 8 learners = **96 hours** (12 hours per learner)

The above hours exclude around 27 hours of session preparation time. Other elements of pre-session preparation time include the following:

- meetings with the school's senior management team to identify vulnerable children and parents who could benefit from the summer programme;
- contacting all the identified parents and explaining the support on offer;
- preparing the summer schedule of sessions; and
- preparation of resource materials to be used.

Supporting Adult literacy

During 2017, FLS embarked on the provision of an intensive one-to-one literacy support programme for 11 vulnerable adult service users.

- 2 started Maltese language tuition;
- 5 started following English tuition;
- 4 started following Maltese, English and Maths.

Sessions were held on a weekly basis throughout the year. Service users can access personal tuition in either Maltese, Maths and/or English so as to increase access to better job opportunities. Two service users have managed to sit for the August JobPlus exam and Matsec.

Adult learners	Period of individual tuition	Number of Sessions	Number of Hours of service delivery
1	May – September 2017	20	30
2	May - September 2017	20	30
3	April - August 2017	22	40.5
	October – November 2017	5	8
4	November 2017 onwards	16	24
5	July 2017 onwards	30	35
6	April 2017 onwards	36	36
7	April 2017 onwards	28	28
8	April 2017 onwards	23	23
9	April 2017 onwards	44	44
10	April 2017 onwards	40	40
11	April 2017 onwards	46	46
TOTAL	11 adults benefitted	330	384.5

Accompaniment to parents for key school meetings

Besides offering parental training in literacy support, FLS provided vulnerable service users with accompaniment to important school meetings such as IEPs.

Educational Talks

FLS also supported schools and other entities through talks to parents and other professionals. Talks to parents focused on how they can support the educational journey of their children whereas those for professionals focused on understanding the particular needs of vulnerability children and how best to support them and their families. During 2017, four such talks were held.

Volunteer training and support

Guidance is provided to Volunteer Learning Support Tutors each Friday before they start their one-on-one learning support with the child they are matched with. Approaches are discussed, resources shared and difficulties tackled as they arise. The person who runs learning support is an expert teacher-trainer and literacy teacher; she is also competent in teaching students with learning difficulties, including those on the autism spectrum.

The Social Integration Programme for Teens (SIPT) with autistic spectrum disorder (ASD)

The NGO Autism Parents Association (APA) had identified a gap in community integration services for young persons aged 14+ on the autistic spectrum. In partnership with the St. Jeanne Antide Foundation (SJAF), a programme was developed to fill this gap. Entitled SIPT or Social Integration Programme for Teens, it is one element in the wider MCCFF-funded project titled *Non-Formal Education for Vulnerable Groups* (Ref: MCCFF-C3-004-2016).

Through SIPT, youth on the autistic spectrum are provided access to group-based activities that enable them to move towards better integration in society.

In order to provide this opportunity, the following steps were taken:

STEP 1) A call for application was issued on social media and through the SJAF and APA websites and facebook page for 5 project personnel and resource persons:

- i) APA Co-ordinator of non-formal education opportunities;
- ii) Leader of social inclusion activities for youth on the autism spectrum aged 14 to 21;
- iii) Activity Facilitators;
- iv) Volunteers to assist in the running of youth group activities;
- v) 2 Psychologists to carry out pre group-admission psychological assessments of youth on the autistic spectrum.

STEP 2) Project resource persons interviewed, screened, recruited and briefed.

STEP 3) The recruited APA Coordinator and SIPT Leader started planning SIPT activities.

STEP 4) Through the APA facebook page, APA members were informed of the start-up of SIPT and invited to apply.

STEP 5) Applicant parents were invited to an introductory meeting to brief them about the SIPT programme, its approach, the psychological assessments that would be taking place,

and the nature of activities and main venue.

STEP 6) A schedule of appointments was made through which the 2 Psychologists engaged undertook the assessments of the youth with ASD.

STEP 7) 21 youth with ASD were admitted to the SIPT programme and invited to be in one of 3 groups, depending on their ability to participate in the planned activities.

SIPT is providing young persons with ASD the chance to grapple with the confounding reality of connecting with others on a social basis. SIPT is bridging the identified gap by organising fun and creative activities either at the Antide Family Centre of SJAF in Tarxien or in the form of outings to many different venues. Activities organised included team building games, Halloween and Christmas themed craft activities, and participation in the European Waste Reduction Week competition. The youth also attended a workshop at Esplora Science Centre and rehearsed for a dance for the APA Christmas event. Participants were also involved in a dance production for their own Christmas party. Other activities consisted of pizza making at a local restaurant, cooking hot-dogs and cake-making, a creative self-expressive arts session with a Żejtun-based youth group, a joint tent-building activity with a scouts group, and a trampoline sports session, where SIPT youth joined trampoline users in a highly energetic but structured session which they really enjoyed.

Photos of different SIPT programme activities (consent to reproduce photos has been obtained from the Autism Parents Association (APA) and the parents, young persons and personnel involved in SIPT.)



Getting to know other group members through games



Halloween activity



Preparing exhibits to take part in the European Waste Reduction Competition



Making Crafts at Christmas time at the SJAF Antide Family Centre in Tarxien



Preparation for a SIPT Talent Show at the Gym of the St Jeanne Antide College



Sports Activity at the gymnasium of the Secondary School of the St Jeanne Antide College in Tarxien



Visit to ESPLORA Science Centre



Pizza Making



Joint activity with Žejtun Youth Group



Building a Tent with members of a Scouts Group



Carnival Party



Cooking hot-dogs and red-cake at the SJAF Antide Family Centre in Tarxien



Taking part in a Velocity Trampoline activity



Boat Ride

FOR

SOAR Service

support, awareness raising, research and advocacy by survivors of domestic violence

SOAR is a peer-to-peer support and advocacy service for female victims and survivors of domestic violence and intimate partner abuse. It offers one-to-one support, a social support group, educational workshops and presentations, advocacy and publications. SOAR encourages its members to take an active role in advocating for social justice on behalf of victims and survivors less able to do so.

Casework

By the end of 2017, the **online** support group had 91 active members. During 2017, SOAR received 40 new cases overall and the average age of the survivors seeking support during the year was 38 years. All requests for support were made by women or for women.

Parental Alienation sub-group

During 2016, a need was felt to set up a sub-group within the SOAR Service with a focus on the phenomenon of parental alienation. The term 'maternal alienation' was coined by Australian researcher Anne Marris to refer to the alienation of children from their mother within the context of domestic violence. Manipulation, brainwashing and constant character assassination of the mother are tactics consciously resorted to by the father to separate the child from the mother. During 2017, group membership rose to 13 and a co-ordinating committee of 3 survivors was set up.

The sub-group continued to raise awareness on this hidden form of domestic violence, an ultimate form of hate crime.

Mother-and-child Drama Therapy

A trainee Drama Therapist offered her service to two mothers who faced difficulties in their relationship with their child due to factors arising out of domestic violence and manipulation of child by the abusive partner/ father.

Training

Prevention Training provided as part of a wider SJAF project, funded by the Voluntary Organisations Projects Scheme (VOPs) of the Ministry for Social Dialogue, Consumer Affairs and Civil Liberties, managed by the Malta Council for the Voluntary Sector (MCVS)

Between May 2016 and April 2017, a number of workshops were facilitated by SOAR for young people in different settings, offering age-appropriate and tailor-made workshops for each group. A number of school teachers were offered training on the same topic for a multiplier effect. Resources that are easily accessed online at no cost were shared with PSCD teachers to encourage follow-up lessons. Secondary school students were the largest group to benefit from the workshops, reaching 1,457 students in all.

Each group of students accessed a 2-part workshop:

Part 1 was focused on identifying gender stereotypes and becoming aware of how they restricted all people, some more than others. The workshop then challenged the participants to rethink their prejudices and preconceived notions of gender roles and abilities. Videos were used to engage students in discussion on these themes. From the discussion, the facilitators assisted students to see power imbalances that were directly and indirectly caused and affected by rigid gender expectations. Some of the *learning outcomes* of part 1 of the workshop included the following:

Students began to recognise:

- stereotypical gender roles and the limitations such roles have on different genders;
- the learned social constructs of gender (boys are tough, girls are weak or cute);
- the double standards related to gender and learn to challenge them;
- the unequal power that comes about because of these social constructs and gender expectations (women expected to become mothers and housewives and have no earning power; men expected to work outside the home and have earning power);
- that anyone can do, and be whatever they want no matter what gender.

Part 2 further investigated gender stereotypes through the use of a game, about power or a video on music-lyrics analysis. A discussion follows the video on objectification and power. The facilitator then moves on to what an abusive intimate relationship could look like and feel like, using a table with the different forms of violence in relationships (physical, psychological, sexual etc). Themes discussed included: jealousy, economical abuse, and coercion. The workshops end with a video (source: WellCast) on how to leave an abusive relationship and information on where to access support in Malta. Some of the *learning outcomes* of part 2 of the workshop included the following:

- understanding what having power and what not having any power feels like (game);
- understanding what a bystander can do to be proactive;
- gaining the skill to critically analyse lyrics in the music they often hear and the images they see for messages of gender-based violence, objectification and sexualisation;
- recognising different forms of violence in intimate relationships, particularly economic abuse, isolation and coercion;
- gaining a healthy understanding of what jealousy is and how to deal with it;
- gaining the skill to recognise an unhealthy relationship and the skill to know how to exit such a relationship.

Type of workshop setting	Persons reached
Secondary School-based workshops	Reached 1,457 young people
Higher Education based workshops	Reached 242 young people
Youth group based workshops	Reached 76 young people
Training to other women's groups	Reached 134 women
Training for youth volunteers, support services and teachers (multiplier effect)	Reached 89 people
Total reached	1,998

Training accessed by SOAR

<i>Who attended</i>	<i>Title of training received</i>
The SOAR service Coordinator, SOAR office Administrator and 4 SOAR Volunteers	Full Cooperation: Zero Violence Training: a 3 day seminar organised by the Ministry for EU Affairs and Equality on the 16th, 17th and 18th of October.
Service Coordinator	An Introduction to Project Development & Project Cycle Management for Voluntary Organisations' organised by the St Jeanne Antide Foundation for its staff with funding from the Training Initiative Scheme (TIS) of the Malta Council for the Voluntary Sector (MCVS).
Service Coordinator	COST Action IS-1206 on Femicide across Europe - Final Conference (2 days) organised by the Department of Gender Studies, Faculty for Social Wellbeing, at the University of Malta on the 14th and 15th March.
Service Coordinator	Presentations on the work of NGOs in the field of domestic violence made by members of the NGO Network that meets regularly under the aegis of the National Commission on Domestic Violence; 13 June.
Service Coordinator, SOAR Office administrator, 3 SOAR Volunteers	Listen to Me! Giving Children A Voice: Annual Conference organised by the National Commission on Domestic Violence on the 24th November.

Networking and Collaboration

SOAR collaborates with a number of other organisations. These include: the Women's Rights Foundation, Men Against Violence, the Victim Support Malta, Merħba Bik Foundation, Dar Qalb ta' Ġesu, the Domestic Violence Services of Aġenzija Appoġġ, and the Commission on Domestic Violence. SOAR represents the St Jeanne Antide Foundation in a number of fora and participates in informal alliances.

Through collaboration with the Commission on Domestic Violence, SOAR provided training to the Judiciary, Police cadets and to MCAST lecturers and students from the MCAST Photography course. It also contributed to the organisation of children's focus groups with the Commissioner for Children in preparation for the annual conference of the Domestic Violence Commission entitled '*Listen to me! Giving Children a Voice*'.

In order to keep interested organisations, practitioners and survivors informed about the work of SOAR, informative articles were regularly published in the monthly electronic magazine of SJAF.

Project grants awarded during 2017

ORANGE CIRCLES – 2017 grant from the President's Award for Creativity managed by the Office of the President and Arts Council Malta. The aim of this project was to empower female survivors of domestic violence, with skills and competences that enable their resiliency and healing.

Impact:

- Enabling socially excluded female victims of domestic violence, to access a range of life-long learning and therapeutic activities.

- Emerging out of depression and isolation; enabling access to creative methods of learning, self-reflection and self-expression for women victims of domestic violence; a space for socio-emotional connection and discovery with others, enabling the target group of women to access therapeutic group activities, reducing use of other mental health services.
- Empowering vulnerable survivors with knowledge about their rights and how to access them; mentorship to enable women to tap into their own skills set and learn new ones, learning skills for financial literacy; learning skills for coping in difficult situations; understanding their children's needs and learning new parenting methods.

PHOENIX RISING - support to victims and survivors of domestic violence. Funding from The VOICES Beneficiaries Fund.

Thanks to this project, SOAR provided online support and advocacy work, detached support work, office-based support work, organised and coordinated social and educational events for survivors, developed creative advocacy initiatives and disseminated informative material among survivors assisted through this project.

CREATE, LIBERATE, INTEGRATE! 2016 grant from the President's Award for Creativity managed by the Office of the President and Arts Council Malta which was concluded in 2017. The project aimed at marrying the creative arts with healing for improved wellbeing among women survivors of gender-based violence and domestic violence, and their children.

Details at a glance:

- Project Duration: November 2016 – November 2017 with concluding Art Exhibition launched in December 2017 for closure in January 2018;
- Number of participating women: 23
- Number of participating children: 14

Activities undertaken throughout project:

1. Photography
2. Art Therapy
3. Drama Therapy
4. Drum Circle (1)
5. Creative Writing for Myself
6. Jewellery Making
7. Drum Circle (2)
8. Quilling (Paper Filigree)
9. Pottery Making

Description of the project

This creative skill-sharing project involved the participation of diverse marginalised women, including migrant women, who are survivors of gender-based violence, and their teenage or young children. The project consisted of a number of creativity-based therapeutic short

programmes in a safe space where participants could connect for healing, integration, improved interpersonal relationships between themselves and with their children and exploration of one's creativity

The short programmes took place over the span of 10 months, most lasting between 4 to 8 weeks whilst allowing participating women to choose which programmes/activities to take part in. Participants learnt new skills by which they found new ways of self-expression. Through the project, women of different backgrounds connected and networked with each other, learnt team building skills, presentation skills and had the opportunity to share their creative expressions with other women in the group and the public at large. This process highlighted not only the devastation that violence against women and families causes, or the continuous struggle for justice, safety and protection, but it has also thrown a spot light on the survivors' messages of renewed hope, stronger single-parent families, inclusion, love, resilience and sisterhood.

Impact on social needs and communities addressed

Social impact:

Emerging out of depression and isolation; enabling access to creative self-expression in shelters for women victims of domestic violence (Drum Circle 2 was held in collaboration with Dar Qalb ta' Ġesù at the shelter for ease of access to women and children residing there); a space for socio-emotional connection and discovery with others;

Cultural impact:

Enabling socially excluded women victims of gender-based violence, including domestic violence, to access a range of creative self-expression activities; enabling the target group of women to feel part of the local cultural milieu which other citizens take for granted but from which the women and their children are excluded.

- Women who have escaped gender based violence, including domestic violence, often end up marginalised and struggle to restart their lives.
- Systems oppress Maltese and migrant survivors in both similar and different ways.
- The justice system re-victimises survivors, often failing to keep them safe.
- Women struggle financially for years later. Many support schemes are inaccessible in practice, such as free child care for working mother becomes a non-option unless the estranged father consents to the child attending a child care centre.
- Steady increase in 3rd country nationals becoming 'trapped' in second stage shelters, unable to work.
- Supplies for creative pursuits are generally expensive and inaccessible to the most vulnerable.

Increased accessibility and active involvement in the arts and social dimension

The process used had been chosen specifically to make creative arts accessible to the most vulnerable. Creativity self-expression was linked to healing. Participating women explored the diversity within women as a group and as a community of circumstance. They gained the opportunity to participate in compassionate activism, and to appreciate, respect and support one another whilst discovering their own talents and abilities.

- Collaborations on a wide scale with well established artists, musicians and artistic therapists;
- Gave space for upcoming creative artists and artisans and supported small cultural/musical NGOs like Malta Tama Tnabar Association
- Programme included a variety of creative and therapeutic sessions including drama, music, art, writing, photography and pottery.

Reflections from the SOAR Service Coordinator

As the project Create, Liberate, Integrate comes to an end, organisers, facilitators, mentors and participants alike feel a great sense of accomplishment. Looking back across the twelve months of this project fills me with happiness and hope.

The women came together in sisterhood, be it at the drum circle, the jewellery making table, the drama-therapy room, or the dusty clay-making table. They came to learn something new about an art or craft form and left learning a lot more about themselves, their relationships and their strengths. They gave time to themselves, to process pain and to simply be around those who understood them the best.

Domestic violence often leaves victims feeling broken and useless in its wake. Perpetrators of violence will use different ways and methods to make their victims feel worthless. Recovering from this psychological trauma is a long process, but with each time a survivor makes it to the meeting or session, and with each new thing she creates, a small part of that pain is undone and unravelled. She tells herself, "I just did that", and others in the group will say, "Wow, what you just did is awesome" and that's how self-confidence and trust start to be rebuilt.

I sat in during some of the sessions and during those times I would always come away with a good feeling. The women would make every session fun with their jokes and banter – a reminder that life goes on, that survivors are resilient and wounds can heal.

Testimonials

"It was an experience I cherish as it enhanced my sense of creativity which I thought I only owned as a child. Besides, it was a good exposure to my sense of 'being good enough'."

"It was a complete different form of self-discovery. Bringing pictures to life was a true visualisation and projection of very important life experiences that affect me deeply."

"The creativity of jewellery-making unlocked a creative spirit within me."

"It was a great opportunity to take the time out to not think about anything other than beading wires, creating a pattern, snipping bits of wire, choosing beads. It didn't matter if you made a mistake! No-one judging you, no nasty comments, all accepted as equals."

"It was something different for me. It challenged me."

"I love writing. It was an experience because we had to write without thinking. I brought out my emotions and feelings."

"Never knew what quilling was. I have learned something new. It adds to my portfolio of life."

"I had never done any clay making, I never thought I could do it, so the fact that I did it meant that I can accomplish so much more than I think."

"My bowl cracked in the kiln and at first I was disappointed. But then I saw the beauty in the break. The fault became an important feature. I could connect with that so strongly."

"When you create something, you leave a piece of you with the universe."

On the 20th December, as part of the **Create, Liberate, Integrate!** Project, the Foundation set up an exhibition at Fondazzjoni Kreattività – Spazju Kreattiv. The exhibition offered a snapshot of the project's processes and the women's creativity and skills. There were 14 pieces of art from the Art Therapy, some samples of jewellery, some pottery items and some samples of quilling exhibited. All of the exhibited work was made by the survivors during the project.

The images below are photos of some of the participants' creations.





SOAR Service – survival of abuse with resilience
 Tel: 99927872
 soarmalta@gmail.com
<https://www.facebook.com/soar.malta>

LWIEN Service

supporting family caregivers of mentally ill persons

Family caregivers of mentally ill persons constitute a category of citizens who lack support in fulfilling their challenging and overwhelming care responsibility. This service comprises office-based family consultations via different service sites, home-visits, social work support, support groups, educational literature in Maltese, referral to available courses on mental health, liaison with mental health practitioners, mediation with employers and educational establishments and in-house referrals to the Emotional Freedom Service.

Broad Aims and specific objectives of the LWIEN Service

Broad aims:

1. To fill a gap in community mental health care in Malta.
2. To acknowledge, affirm, guide and support family caregivers of mentally ill persons as key providers of community mental health care.
3. To combat stigma and reduce self-stigma.

More specifically:

3. To prevent caregiver burnout, depression, job loss and family break-up.
4. To bolster caregiver resilience, caregiving stamina and commitment through a range of interventions that include family consultations, emotional freedom therapeutic work, support group and mediation with the wider state mental health care system.
5. To model an interdisciplinary practice at community level.

The Service

As is evidenced by SJAF practice and EUFAMI research, family caregivers of mentally ill persons are highly prone to becoming highly anxious and depressed. Constant caregiving becomes a major family stressor. Through the LWIEN service, the Foundation comes in regular contact with distressed family caregivers whose financial means are diminished, constraining the family to sell assets, abandon their job or switching to less demanding one, close a business and doing whatever it takes to pay professionals privately so as to cope with the constant strain of caring for the mentally ill family member. It is the experience of the Foundation that primary family caregivers rarely seek help for themselves, limiting their access to state and private mental health services for their ill family member.

Throughout 2017, the schedule of thrice-weekly family consultations was maintained on Tuesdays, Fridays and Saturdays from 7am to 4pm. The Saturday family consultations were held at Dar Sagra Familja of the Sisters of St Joseph in Ħaż-Żabbar. On other days, the Foundation's Psychiatric Nurse provided guidance and support to caregiving families from the North at various informal venues.

Apart from supporting families who come from all over the island, the service is intrinsically linked to social work interventions provided by the Foundation's Social Workers and the input of other in-house practitioners.

Caregiving families supported in 2017

In 2017, the Lwien Service provided intense support to:

Open cases from previous years	New families referred in 2017	Individuals	Female Caregivers (of 103)	Male Caregivers (of 103)
83 individuals from 54 families	117	234	73	30
Cases closed in 2017:		20		

One-hour sessions held with families (with both new and older cases):	1,470
Home-visits	125

Types of mental illnesses suffered by family members cared for by new families reached in 2017 (new cases only)

Depression (separation a trigger in 7 cases)	48
Obsessive Compulsive Disorder (OCD), including: paranoia (8); Anorexia (3); hoarding (1); OCPD (1)	31
Intellectual disability & Severe Autism	17
Dual Diagnosis & Addictions	13
Bi-polar Disorder	11
Schizophrenia	9
Suicide	9
Severe ADHD	7
Severe Anxiety & panic attacks	5
Personality Disorder	4
Other	2
Type of mental illnesses present in 117 newly referred families in 2017:	156

Summary LWIEN caseload of part-time Senior Practitioner (Psychiatric Nurse) in 2017:

	Families	Individuals
Families still supported from previous years	54	83
2017 new referrals	117	234
TOTAL	171	317

Family Caregivers

From the 117 new families supported by the LWIEN Service in 2017, 103 primary caregivers accessed support and continued to be guided throughout the year. Of these 103 family caregivers:

- 22 constituted 11 couples sharing caregiving responsibilities for a son/ daughter;
- 21 were caregiving mothers;
- 13 were wives caring for their husbands;
- 13 were daughters caring for a parent;
- 13 were caregiving siblings;
- 7 were caregiving fathers;
- 5 were caregiving husbands;
- 4 were caregiving grandparents;
- 2 were work colleagues of a mentally ill colleague;
- 3 were relatives.

Of the 103 primary family caregivers, 16 became chronically depressed due to their overwhelming caregiving responsibilities.

Of the 103 caregivers, 73 were female and 30 males.

Effective liaison with the mental health system

Maintaining effective links with existing community mental health services is crucial to the wellbeing of family caregivers. Hence, the service liaised closely with state and NGO service providers in this key sector. Referrals both ways continued to take place throughout 2017. Liaison with mental health services for sufferers was maintained to maximise positive outcomes for the families involved.



Emotional Freedom Service

learning to release negative emotions

The Emotional Freedom Service (EFS) takes persons who (a) have emotional distress and willingness to make an effort to be released from it and become stronger; but (b) do not have mental illness unless referred by a mental health professional. In the latter case, the EFS normally deals with anxiety and self-image problems, leaving the psychotherapy and medicine-related aspects to the mental health professional.

By emotional distress we mean chronic or acute symptoms such as anger, fear, long-term grief, resentment, non-forgiveness, emotional hurt, self-sabotaging and harsh self-criticism or very low self-evaluation. The service is conducted through one-on-one sessions with a practitioner having advanced-practitioner qualifications in Emotional Freedom techniques and who currently liaises directly and frequently with the founder of Emotional Freedom Techniques (EFT) in the United States.

During 2017, the EFS held 107 client-contact office-based sessions and 13 online Skype-based or home-visit sessions, totalling 247 hours. The number of new cases seen was 56 persons from as many families. Workshops were held for groups in other organisations, totalling 46 additional hours. Most cases were successful. The few exceptions were almost all found to be in violation of the acceptance criteria indicated above. Each person on average was given 4.4 contact hours, or 2.14 sessions. Each session on average was 2.04 hours long. During 2017, EFS on average delivered 10 sessions per month, or 20.5 hours per month.

In our Emotional Freedom Service, the psychological safety of the service users is protected by having referrals to and from the LWIEN mental health service of the Foundation, whose senior psychiatric nurse intervenes directly where needed, and liaises with external psychological and psychiatric professions where needed. In all cases where the practitioner suspects that a medical professional is required, the service user is encouraged to seek one. The service shares techniques with the service users that make them self-empowered to face new tribulations with more strength and equanimity than before treatment. Contact between sessions and after treatment is retained as long as needed by email. In most cases service users declare themselves very calm and liberated from their distress; and the effect is usually long-term or permanent.

The Emotional Freedom Service has been using mostly the techniques known as Gold Standard EFT, now designated by the EFT founder as Tapping EFT. The founder is exploring what he calls a new form of EFT that he is designating as Optimal EFT. While using some of the Gold Standard EFT techniques, the Optimal EFT eschews tapping and relies on a more spiritual approach. In this, service users who believe in God or Higher Power or Universal Energy are helped to relax and invite such power to take part in the healing journey. This surprisingly simple method can be more effective and more rapid in operation than Tapping EFT. It is thus increasingly used in our Emotional Freedom Service where appropriate, and its effectiveness is found to be enhanced by the use of simple mindfulness techniques.

Some service users have been through a traumatic event and have post-traumatic stress disorder. This is characterised by intrusive memories, nightmares, or other distressful reminders of the event; hyper-vigilance such as inability to fall asleep; and hyper-arousal symptoms, such as being easily startled. Dr David Feinstein's 2012 publication in the Review of General Psychology critically examined 51 peer-reviewed papers including 18 randomised controlled trials, involving PTSD and chronic traumatisation. His study shows the significant relative efficacy of EFT and the relatively short EFT treatment time for such conditions.

The EF Service does not take persons who are highly clinically depressed, but other levels and types of depression have been found to improve with the service. Some depression conditions are endogenous or inherent, while others are known as reactive depression. The latter type occurs when the depression symptoms occur only after, and in reaction to, a series of emotionally upsetting events. Reactive depression has been found internationally to be very responsive to EFT; our experience confirms this. The triggering events are identified, and the service user is gently brought to a level of release and self-empowerment using either Tapping EFT or Optimal EFT – and, sometimes, a mix of both. International before-and-after research* has found significant reduction in depressive symptoms with Tapping EFT treatment.

(*) Church, D. (2013). *Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions*. In D. Church & S. Marohn (Eds.), *The clinical EFT handbook: A definitive resource for practitioners, scholars, clinicians, and researchers* (Vol. 1, Introduction, pp. 1-14). Fulton, CA: Energy Psychology Press.



DAR ESTHER

supported accommodation for vulnerable young mothers and mothers-to-be

Dar Esther forms part of the Y-Assist initiative of The President's Trust. SJAF was commissioned in early 2017 to develop, start and run a supported accommodation for young vulnerable pregnant young women and mothers aged between 18 and 25, having children up to the age of 5 years. Dar Esther welcomes young women who lack family support and risk becoming homeless or staying in relationships and home environments not of their own which are unwelcoming and chaotic and risky for the kind of life they wish to build with their child. Dar Esther offers a space for such young women to learn to live independently while accessing non-formal education and other supports that enable them to move forward in life.

The property of Dar Esther belongs to the Sisters of Charity of St Jeanne Antide in Malta and entrusted to the St Jeanne Antide Foundation for use for a social purpose. To this end, early in 2017, a decision was taken to make use of Dar Esther as the first Y-Assist accommodation. A Project Manager on secondment with the Foundation was entrusted with a dual role of equipping the premises for this particular use as well as coordinating the service planning for approval by The President's Trust. Concurrently, a Joint Policy Group was set up comprising officials from both The President's Trust and SJAF. The Group worked on the development of policies and procedures for testing during the first few months of the service. Links were established by The President's Trust with a UK-based NGO with 30 years of experience in running such supported accommodations and communication was maintained with this organisation to guide the service development process. Plans were made for a visit to Malta in early 2018 by 2 NGO officials from the UK to assist with an internal review of the work processes and outcomes five months after Dar Esther's launch.

In order to solicit referrals of the first three residents, meetings were held with a number of key family service organisations and the first potential group of referred young women were interviewed in September. During the last week of September, the first three residents were welcomed, briefed, engaged in participation in a Resident's Group and encouraged to contribute to the development of House Rules, Visitors' Rules and Responsibilities. Before being assigned accommodation, each young woman signed an agreement highlighting the responsibilities of each party to the programme.

The intention is to accompany residents to learn as much as possible about problem-solving, decision-making, parenting and managing their own household while sharing in the upkeep of the common spaces in the residence.

Key elements of the Y-Assist initiative include the following:

- access to an **Educational programme** which is aimed at the personal and inter-personal development of the mother or mother-to-be.
- **Practical activities** to help in the self-actualisation of the young women.
- Cross agency **collaboration**.

- Nurturing **Independence** through a range of supports including Mentoring by volunteers, guidance on financial literacy, access to non-formal education to increase the chances of further studies and access to better jobs.

- Personal and Inter-personal Development

The personal and inter-personal development element of the educational programme includes support to continue following the GHOŻŻA Programme for teenage pregnant women and mother focused on parenting skills development; learning to recognise and avoid risky behaviour; learning to recognise signs of abusive relationships; taking care of one's physical and mental health; nutrition; and household and financial management. Other areas include guidance on how to build and maintain positive relationships and building a positive and nurturing relationship with one's baby.

During the year, with the support of Noffri.com - a Volunteer recruitment and matching initiative run by the Office of the President of Malta – Volunteer Mentors were identified, screened and selected. An initial briefing and training session was organised through which 3 Volunteer Mentors were recruited and matched with the Dar Esther residents. Social Mentoring by Volunteers is a very powerful support tool for young persons lacking stable adult role models in their lives, as evidenced by the interview further below.

During 2017, a University of Malta student following the B.Sc. in Home Economics was guided to utilise her practice placement hours to develop a series of educational tools in basic Maltese for Mentors and future Y-Assist Social Support Workers to use on a one-to-one basis with Y-Assist service users. These tools focus on topics such as:

- an introduction to the series (Introduzzjoni għal dat-Tagħlim)
- Advice for better home environment (Pariri għal dar aħjar) – this includes green cleaning methods and materials.
- Nutritious meals for your children (Ikel tajjeb u nutrittiv għat-tfal tiegħek)
- Food you should have in your kitchen (X'ikel għandu jidhol fil-kċina tiegħek)
- Budgeting (L-ibbaġittjar tal-flus).

During the year as well, one resident joined the Maltese literacy group and was assigned 2 personal Volunteer Tutors for learning support in English and Maths. Another was tutored by a staff member at Maltese junior level, continued to benefit from a Volunteer Mentor and assigned a befriender for special time during the weekend.

Aġenzija Appoġġ practitioners continued to provide social work support and home-based therapy services. Similarly for the GHOŻŻA programme of the Ministry of Education and Employment who continued to provide transport and access to their educational programme for pregnant teenagers and mothers.

On Wednesday 6th December, accompanied by President's Trust officials, Her Excellency the President of Malta – Marie-Louise Coleiro Preca – was welcomed for an informal visit to Dar Esther to meet residents and SJAF staff and to view the residence.

Interview with a Dar Esther resident young mother aged 18

"I have been living at Dar Esther since September. I am 18 and have a daughter who is a few month's old. Time really flies.

I feel great at Dar Esther and appreciate the many supportive persons who are new in my life. Their help is great. I really appreciate the fact that I am staying in a small flat on my

own. It is very small but I can now stand on my own two feet without the continuous pressure of being put down and ordered about by different people. For me, it is so very different from staying in a tiny room in someone else's house and absorbing their resentments for having to provide you with living accommodation. I love the fact that I can do things on my own – cooking, taking care of our laundry, bathing my baby girl, cleaning my flatlet in Dar Esther, and most of all planning how to use my time.

I also acknowledge the fact that I need to make a small and affordable contribution for my stay and the use of the facilities at Dar Esther until I can move out and make a home of my own with the father of my child. Had it not been for Dar Esther, I do not know what I would have done. Rent is so high!

The Foundation has provided me with a teacher of Maltese since I want to study and learn; I want to be able to study more in future and find a good job. I have another teacher who teaches me English; she is really good and patient with me, explains everything patiently and teaches me at my own pace.

My Social Worker at the Foundation is always ready to help me out in any way possible.

The Foundation has also provided me with a Mentor; she is a Volunteer. She is really a fine person. I can talk with her about anything. Even when I feel down, she manages to lift up my spirits. When I start to feel like giving up, she reasons things out with me and makes me happy. Even my baby loves her. Of course, my Mentor loves my daughter to bits! Whatever I need, my Mentor tries everything possible to help out. She makes me aware of implications I need to consider before I act. She also shows me ways of saving money and to beware of my temptation to buy many clothes I cannot afford. She knows how I love clothes and helps keep my wants in check. She really helps me with everything. She is like a mum to me, a mum I never had to love me and guide me.

I have found a true family through my Mentor and her family. I never imaged there are good families like hers. Being with my Mentor's family, I have learnt that there are families who are not corrosive with pique and preferences and lack of love. I admire how my Mentor and her partner share tasks around the house; they get on well with each other and share so many things. There is no disharmony and jealousy and friction in her family. I love this business of Mentoring. There should be more of it. You find much much help from Mentoring.

There was really a need for a service like Y-Assist for young persons who lack a family to love and support them. Without such a place, one can end up homeless.

For those who are ready and willing, I think there is always a way to be discovered to lead you in the right direction."



Social Work across all Services

nurturing self-determination and self-empowerment journeys

Social work practice cuts across all SJAF services. Social Work team members have the opportunity to practice within a generic service such as the Antida and the Enrichetta Family Centres as well as with a specialised service such as LWIEN (mental health), SOAR (female victims and survivors of domestic violence), and Dar Esther. The team of practitioners meets monthly to review work outcomes, share developments and plan collaborative work processes. Practitioners identify areas for further personal and professional development on the basis of which continuous professional development opportunities are offered with input from both external resource persons and Foundation staff.

Casework in 2017

In 2017, SJAF workers supported 375 new families in distress involving 711 individuals in support interventions. Apart from these 375 families, 289 families continued to be supported from the previous year, and another 41 cases were re-activated thus bringing the total of families receiving support in 2017 to 692. Within the same year, 201 cases were closed.

As the supportive social work relationship develops, Social Workers work in consultation with practitioners from other disciplines and often refer service users internally for further psycho-social support. The work and output of other practitioners engaged in specialised service provision is highlighted in other sections of this report. Social Workers were responsible for the following interventions:

- 2,507 office-based sessions;
- 425 home-visits;
- 106 visits to government departments and other service agencies with or on behalf of service users;
- 224 advocacy reports;

Of the total 375 new families referred in 2017, the different referral sources included:

- 100 (27 %) - state agencies, of which 23 by state schools and 14 by agencies within the Foundation for Social Welfare Services (FSWS);
- 86 (23 %) - self-referrals;
- 43 (11 %) - friends;
- 41 (11 %) - relatives;
- 36 (10 %) - parishes;
- 31 (8 %) - SJAF outreach work;
- 16 (4 %) - voluntary organisations;
- 12 (3 %) - other service users;
- 10 (3 %) - private practitioners.

Locality of residence of 375 families referred in 2017

Locality of residence	No. of families	% of total new cases
Birżebbuġa	72	19 %
Haż-Żabbar	37	10 %
Paola	35	9 %
Hal Tarxien	33	9 %
Fgura	25	7 %
Żejtun	17	5 %
Hamrun	13	3 %
Marsaskala	10	3 %
Marsaxlokk	6	2 %
Other localities	127	33 %
TOTAL	375	100%

The combined number of new referrals in 2017 of families from localities within the catchment areas of the Foundation's two Family Resource Centres (Birżebbuġa, Haż-Żabbar, Fgura, Paola, and Tarxien) amounts to 202 or 54% of the total. The rest – 173 or 46% signify referrals from other localities to SJAF services that are national in scope, such as Lwien, SOAR, and the Emotional Freedom Service.

New cases of vulnerable families supported between 2007 and 2017

Year	Individuals	Families
2017	706	375
2016	622	397
2015	543	373
2014	424	288
2013	481	320
2012	473	298
2011	540	324
2010	412	284
2009	185	150
2008	231	169
2007	121	93
TOTAL for 2007-2017	4,738	3,071

Number of referred families and percentages by main presenting problem – 2017

Main presenting problem of referred families	Number of families	% of total
Mental illness & difficulties faced by caregivers	117	31 %
Financial difficulties and slide into poverty	59	16 %
Disability related difficulties, including autism	46	12 %
Conflictual family relations and inability to manage family affairs	41	11 %
Domestic violence	40	11 %
Elderly chronic ill health, loneliness, dementia	23	6 %
Emotional distress	21	6 %
Homelessness & substandard housing	12	3 %
Lack of basic skills	7	2 %
Persons involved in criminal behaviour	5	1 %
Children with behavioural difficulties	4	1 %
TOTAL →	375	100%

Support resource tools for SJAF Social Workers

Social Workers had a number of support resources at their disposal which could be accessed by service users. These included:

Volunteer Mentors: these were matched with an at-risk young person. The matching process for mentors and mentees is critical to the development and maintenance of an enduring supportive relationship and enhancement of the positive development of mentees. Mentors provide sustained relationships with a young person who needs support, guidance and assistance. Mentoring is a powerful support tool for the development of self-esteem, self-control and emotional growth of young persons whose parents are either unable or refuse to provide care and support. At the core of mentoring is the belief that if caring, concerned adults are available to young people, the young person will be more likely to become successful adults themselves. Care was taken to identify optimal personal characteristics, skills and longer term availability of mentors. Mentoring was augmented with other services such as learning support and parental support.

Volunteer Handymen: these undertook basic repair and maintenance in low-income households lacking the means to engage a person to carry out these repairs.

In-kind support: Very vulnerable service users requiring high support had access to food items, second hand furniture and furnishings, clothing, books, toys and baby items. Such items are available through the SJAF charity shop which re-uses quality items donated by families. The Secretariat for Social Assistance (SAS) regularly approved tiny cash grants as emergency

help for families. Items such as computers-for-families were sourced through the CSR mechanism of a number of companies. Social Workers assisted service users to apply for much needed items such as food vouchers and white goods from the Malta Community Chest Fund Foundation (MCCFF) and the Food Bank of the St Andrew's Scots Church.

Non-formal adult education: Social Workers encouraged service users to indicate their interests in accessing existing non-formal as well as formal adult education and training activities run by the state and NGOs at both local and national levels. In cases where service users were still overwhelmed by the idea of accessing mainstream opportunities and in cases where no opportunities existed to fill their expressed need for adult learning, SJAF staff created opportunities through its two family centres. Hence, during 2017, various initiatives were made available in such areas as literacy and family literacy, caregiving, support learning journey of children on the autistic spectrum, overcoming depression, self-esteem, art and handicrafts making, art therapy and various learning support courses for parents.

Handicrafts production group and handicrafts class: The handicrafts production group continued to create quality items for fundraising purposes. Members were recruited internally through Social Workers who encouraged highly skilled services users to tap into this therapeutic resource. The group met regularly on 3 mornings a week to produce quality crafts from recycled materials. In 2017, the group participated in a number of events and fairs to sell their products. Other service users could access another crafts group led by 2 volunteers.

Volunteering opportunities for service users: Social Workers continued to encourage service users to volunteer as part of their personal growth journey.

During the year, Social Workers accessed a range of continuous development opportunities (CDPs) including the 3-day seminar entitled *Full Cooperation: Zero Violence* organised by the Ministry for EU Affairs and Equality on the 16th, 17th and 18th of October for Maltese practitioners across all disciplines. Other CPDs included seminars and conferences on the following themes:

- Mental Health Recovery: a journey of discovery for individuals and organisations;
- Violence Against Women and Domestic Violence: everybody's business;
- Impenn għall-Kenn (on housing related issues);
- Locked Out: the families of the incarcerated;
- Practitioner training on the rights of victims of crime;
- The Right to Legal Assistance in Malta: access to a lawyer, and legal aid;
- Mental Health First Aid – a course organised by Richmond Foundation;
- E4C – Educating for Change: capitalising on the EU Presidency in Malta to raise awareness on Agenda 2030;
- Applied Drama Workshops;
- Empowerment Course for Caregivers of mentally ill persons organised by the Mental Health Association (MHA) Malta.

Volunteering at the Foundation

opportunities for active citizenship

Volunteering is a key pillar of the Foundation's operations. The Foundation encourages and nurtures volunteering within its range of service provision, in line with three of the Foundation's key objectives:

- to support and train a number of persons to make their own contributions to society and to persons in need;
- to provide the opportunity and training to service users so that they themselves can provide services to others in need;
- to be open to voluntary service by young people who would like to offer time and energy at the service of others in order to gain experience and insight.

Volunteering is an opportunity for people to engage in meaningful activities beyond their personal and professional spheres. Irrespective of one's age, volunteering has several impact outcomes:

- it draws a person, away from self-centredness, towards an understanding of, and compassion for others;
- it significantly enhances a person's sense of well-being that is often not derived from other spheres of life;
- it injects meaning in an often materialistic lifestyle devoid of altruism;
- it provides an opportunity for forging new friendships;
- it makes it possible for social care organisations to create new, creative and effective ways of supporting vulnerable individuals and families;
- it creates the fabric of a robust welfare society;
- above all, it is a powerful way of living one's faith and stimulating hope in lives that are bereft of kindness, respect, dignity, love and compassion.

Volunteers at the Foundation are screened and assessed before their induction and are provided with a Code of Practice to guide them in their work. Throughout 2017 there were a total of 141 active volunteers involved in one or more spheres of service provision. The highest number were Learning Support Volunteer Tutors and Mentors (43) working within the Family Learning Support Service that comprises the children's learning support, non-formal education for parents and Mentoring of at risk youth. Of the 141 volunteers, 35 (25%) discontinued their involvement in 2017 for a number of reasons such as closure of a project (IYAC), devolution of a service (Dar Hosea - 17 Volunteers), or simply moving on with their studies and life circumstances.

Below is statistical data about volunteering at the Foundation during 2017. Not included in the statistical data are students on a practice placement with the Foundation.

2017 Statistical data

141 Volunteer in 2017: their roles and number:

Roles	No. of active volunteers
Learning Support Tutors and Mentors (43) + 10 with Y-Assist	53
Social Work support	18
SOAR Service	15
Reception work at the Antide Family Centre	15
Handicrafts making/ teaching	14
Support to administration (3 of whom cleaners)	10
Governance (one of whom outgoing)	9
Fundraising	4
Handymen	2
Overseas Development Projects	1
TOTAL	141 (100%)

Ages of the 141 volunteers

Age bracket	No.	% of total
Up to 20	15	11%
20-29	14	10%
30-39	15	11%
40-49	13	9%
50-59	27	19%
60+	57	40%

Volunteers discontinuing or remaining in 2017:

Discontinued at some point in 2017	Volunteers still active at the end of 2017	Total volunteers who worked at any time during 2017
35	106	141

Overview of volunteers during 2017 by gender:

Females	Males	Volunteers who worked at any time during 2017
120	21	141

Overview of volunteers during 2017 by regular vs occasional work:

Regular	Occasional involvement	Volunteers who worked at any time during 2017
139	2	141



Anti-Poverty Assistance in Developing Countries

supporting poverty alleviation initiatives beyond our shores

The Overseas Development Assistance (ODA) unit of the Foundation obtains Malta Government funds for anti-poverty projects of SJAF overseas partners in developing countries. Following the start of the project, the ODA Unit liaises with overseas partners from these countries to ensure that they have no difficulties with the required quarterly reports. These include detailed financial accounts, progress reports, and photographs of the activities. So far, the Foundation has obtained such funding for a clinic in Pakistan; women's small enterprises in South Sudan; infrastructure development and educational resource procurement at a women's vocational centre in the Central African Republic; the creation of a remote rural health clinic in northern Malawi; resources for a home in the Peru rainforest area for destitute elderly women; hospital beds for AIDS patients in Peru; and a women's farming and production project in Malawi.

The unit is run by a volunteer project officer, and the services of the SJAF administrator. In 2017, SJAF obtained funding for a project in the Central African Republic (C.A.R.) involving the construction of a borehole for the extraction of water in the village of Bouar. The community of the Sisters of Charity of St Jeanne Antide in Bouar were the project partners.

Bouar is a sub-Saharan village situated in the west of the Central African Republic. It is considered as the capital city of Nana-Mambéré, a jurisdiction that covers 26,000Km² located approximately 200 Km east of the Cameroon border. The village has a population of around 40,000 people, is a market town with legal rights to host markets, and lies on a plateau almost 1000m above sea level. It is also known as the site of Camp Leclerc, a French military base.

Like most of the regions within the Central African Republic, Bouar suffers from severe poverty. Most of the children do not go to school; the annual fee of around €4 prohibits parents from enrolling them. That, together with the ill health, malnutrition, and violence that these children are exposed to, is the stark consequence of the wave of criminality and insecurity sweeping across western C.A.R, depriving people of their savings and livelihoods. Due to lack of clean water in Bouar, diseases transmitted through unclean water are a leading cause of illness and early deaths. The most impacted are children.

The work of the Sisters of Charity involves the provision of provision of primary health care and educational services in the community and also beyond. The Sisters run a clinic that is managed by Sister Christine Richard who welcomes and treats the sick, mostly AIDS patients and others seeking to be tested for HIV. A pharmacy in the diocese is run by Sister Alosia while a remote dispensary, some 80 kilometres from Bouar, is also managed by the Sisters. From an education aspect, the Sisters of Charity are in charge of a primary school for and a college.

Sister Marceline Mavoungou had the role of project leader on behalf of the Sisters of St Jeanne Antide in Bouar. Through discussions with villagers, Sister Marceline identified the extraction of clean water as a key priority for the wellbeing of the Bouar community.

Following the necessary research, planning and discussions with contractors, the Foundation prepared a project proposal that was submitted to the Ministry of Foreign Affairs in Malta January 2017 and, by April, the Foundation was granted the sum of €9,265 for the execution of its proposed project. The amount granted was equal to 70% of the total project

cost. The remaining 30%, amounting to €3,921, was sourced by the Sisters of Jeanne Antide in Bouar through benefactors from other countries.

Easy access to safe, potable water is a basic human need, important for health and quality of life. The project scope was to provide access to such safe water to the inhabitants of Bouar located close to the College of Saint Jeanne Antide. The principal source of inland groundwater in the region is rainfall, a proportion of which percolates downward into underground aquifers. The project started on the 20th of April and, by July, the necessary arrangements with the works contractor were undertaken and works completed.

The work essentially entailed the transportation of equipment, the drilling of a vertical hole in the ground, and the installation of a strong lining to prevent the borehole walls from collapsing. The lining also serves as a means of allowing clean water to enter the borehole space. Finally, the completion of the borehole included a surface protection for the well, and a means of extracting water, in this case a manual water pump, a Vergent HPV 60.

In August 2017, the transportation of material left Berberati, a city 254 km away from Bouar, and within a week drilling commenced onsite after a suitable location was identified. Clean water was found at 29.90 meters and lining was installed to complete the bore hole. Needless to say, the inhabitants of the community were very thankful for the water. Some groups of children and young adults gathered for photographs holding paper notes that read "Thank you for giving us water." The project leader, Sister Marceline Mavoungou was also happy with the outcome and considers the project a success and of valuable importance for her community.

All project funding obtained by SJAF to-date has been obtained from the Ministry for Foreign Affairs in Malta.



Publications

SJAF publications may be obtained through the Foundation's website - www.antidemalta.org.

For adults:

SJAF Magazine: a monthly e-zine recording the work of the Foundation and providing articles on specialised topics. Accessible from: <http://www.antidemalta.org>

Phoenix Rising – starting over after domestic violence. Edited by Elaine Compagno. 2016. Published with funding from the President's Award for Creativity 2015 which is managed by Arts Council Malta.

Bdoti fil-Maltemp – kif tieħu ħsieb qarib b'mard mentali. 144 pages. Jointly produced with the Mental Health Association, Malta, 2015. Editors: Nora Macelli and Connie Magro. 144 pages. ISBN number: 978-99957-0-677-7. Cover illustration by Marisa Attard. Published with funding from STRINA of the Malta Community Chest Fund Foundation (MCCFF).

Il-Kwiekeb fid-Dlam Jixegħlu: vjaġġi ta' tama mterrqa minn qrafa ta' persuni b'mard mentali. Jointly produced with the Mental Health Association, Malta, 2011. 146 pages. Editors: Connie Magro and Nora Macelli. ISBN number: 978-99932-0-965-2. Illustrations by Tony Macelli. Published with funding from STRINA of the Malta Community Chest Fund Foundation (MCCFF).

Stars Shine Brightly in the Dark: journeys of hope of relatives of mentally ill persons. Jointly produced with the Mental Health Association. E-book format, 2013. Editors: Nora Macelli and Connie Magro. 78 pages. ISBN number: 978-99957-0-455-1. Illustrations by Tony Macelli. Accessible from: http://www.antidemalta.org/uploads/5/7/2/6/57264959/ebook_stars_shine_brightly_in_the_dark_englishillustfinal__1_.pdf

Annual Reports, 2008 to 2017 – accessible from: <http://www.antidemalta.org>

For children:

Il-Mela Darba tiegħi - ġrajjet veri tagħna t-tfal. Editor: Ruth Stafrace. 2015. ISBN number: 978-99957-0-820-7. Illustrated by the child authors and Marisa Attard. Published with funding from the President's Award for Creativity.

Caterpillar in a Jar by Elaine Compagno. 2015. ISBN number: 978-99957-0-821-4. Illustrated by Marisa Attard. Published with funding from the President's Award for Creativity.

Publications in which SJAF contributed articles:

Helping Hands Magazine, Issue number 51, December 2012. 12 pages of articles about the services of the Foundation.

Helping Hands Magazine, Issue number 70, October 2015. 10 pages full of articles about domestic violence.

Helping Hands Magazine, Issue number 79, December 2016 – January 2017. 10 pages on violence against women.

